

Sweet Potato Pudding

Yields 8 servings



Ingredients:

4 cups of cooked and mashed sweet potatoes
1 Tablespoon lime juice
 $\frac{3}{4}$ cup sugar
2 eggs
2 Tablespoons butter
 $\frac{1}{2}$ cup coconut milk
Grated rind of lime
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon powdered cinnamon
1 Tablespoon raisins

Directions:

1. To mashed potatoes, add sugar gradually and whole eggs, one at a time, mixing well after each addition
2. Mix in butter with a fork. Add milk. Blend well. Mix in grated rind of lime juice. Mix well.
3. Add salt, baking powder and cinnamon, sifted together. Mix. Add raisins. Mix well.
4. Pour this mixture into a greased pan and bake in a moderate oven (350 degrees) about 50 minutes, until done.

Serving suggestion: Serve with clotted cream or vanilla ice cream if you desire.

Apple Cobbler Dump Cake

About 7 fresh apples
1 box (18.25 ounce) yellow cake mix
 $\frac{1}{2}$ cup butter, melted

Directions:

1. Preheat oven to 350°F. Spray a 9x13-inch baking dish with cooking spray.
2. Peel and slice the apples. Spread the apples evenly in the bottom of the baking dish.
3. In a medium mixing bowl, combine cake mix and butter until crumbly. Spread mixture over the apples.
4. Bake at 350°F for about 35 to 45 minutes until the top is slightly golden and the apples are hot and bubbly.

Note. If desired, add about 1 teaspoon cinnamon.



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FALL RECIPES

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Bow Tie Pasta with Broccoli, Bacon, and Bread crumbs



Yields 4 servings

Ingredients:

- 1 pound broccoli
- ½ cup olive oil
- 1 cup whole wheat bread crumbs
- 2 slices bacon, cut crosswise into ¼-inch strips
- 6 cloves garlic, minced
- ¼ teaspoon dried red pepper flakes
- 1 pound whole wheat bow tie pasta
- ¾ teaspoon salt

Directions:

1. In pot of boiling water, cook broccoli until almost done, about 3 minutes. Drain.
2. In frying pan, heat ¼ cup olive oil over moderate heat. Add breadcrumbs and cook, stirring, about 5 minutes, until golden brown. Remove. Wipe out pan
3. In same pan, cook bacon until crisp. Remove and drain on paper towels. Pour off all fat. Heat ¼ cup olive oil in pan over low heat. Add garlic and red-pepper flakes and cook for 1 minute. Add broccoli and cook about 3 minutes longer.
4. Cook pasta in boiling, salted water, about 15 minutes. Drain and toss with all ingredients.

Orange-Beet Salad

Yields 4 servings

Ingredients:

- 3 medium beets (about ¾ pound)
- 3 Tablespoons olive oil
- 1 teaspoon shredded orange peel
- 2 Tablespoons orange juice
- 1 Tablespoon white wine vinegar
- 2 Tablespoons broken walnuts, toasted
- 3 Tablespoons crumbled feta cheese
- ¼ teaspoon coarsely ground pepper



Directions:

1. To cook beets: cut off all but 1 inch of stems and roots; wash. Do not peel. Cook, covered, in boiling salted water for 40-50 minutes or until just tender.
2. Drain beets. Cool slightly. Slip skin off beets. Cut beets into 1/4 inch-thick slices
3. For Dressing: Combine olive oil, orange peel, orange juice, and vinegar. Mix well.
4. In medium mixing bowl gently toss beet slices with the dressing. Cover and chill for 2 to 24 hours.
5. To serve: Stir nuts into beets. Sprinkle with feta cheese and pepper. Serve with spoon.

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How to select and store beets:

Choose small or medium-sized beets with firm roots and a deep red color. Cut the majority of the greens from the beet roots, so they don't pull away moisture. Do not wash beets before storing. Place in a plastic bag and wrap tightly, removing air. Beets can stay in refrigerator for up to 3 weeks. Unwashed greens can be stored in a separate plastic bag and can stay in refrigerator for up to 4 days.

Nutrition:

Beets are an excellent source of folate and a good source of potassium, magnesium and fiber. One cup of sliced beets has about 75 calories and no fat or cholesterol.

Preparing and cooking:

Rinse beets under cold running water, taking care not to tear the skin, which helps keep the health promoting pigments inside. The healthiest way to cook beets is to steam them for 15 minutes. Fill the bottom of the steamer with 2 inches of water and bring it to a rapid boil. Add the beets, cover and steam for 15 minutes. Beets are cooked when you can easily insert a fork. Peel beets by setting on a cutting board and rubbing the skin off with a paper towel. Since beet juice can stain skin, wearing kitchen gloves is a good idea.